

# Beef or Pork Burrito (Canned Meats) - USDA Recipe D120B

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Grains, Meat / Meat Alternate D12B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef with natural juices, undrained	6 lb 6 oz	3 qt	12 lb 12 oz	1 gal 2 qt	1. Pour canned beef with liquid into a large bowl. Remove all solid fat parts. Transfer remaining beef and liquid to a large stock pot.
Canned pork with natural juices, undrained	6 lb 6 oz	3 qt	12 lb 12 oz	1 gal 2 qt	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	2. Add onions, garlic, pepper, tomato paste, corn, cilantro, and spices. Simmer uncovered over medium heat for 10-15 minutes, stirring often.
Garlic powder		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 cups (1/2 No. 10 can)	
Frozen corn	2 lb 12 oz	1 qt 3 1/2 cups	5 lb 8 oz	3 qt 3 cups	
Fresh cilantro, finely chopped	2 oz	3 1/2 cups	4 oz	1 qt 3 cups	
Chili powder		3 Tbsp		1/4 cup 2 Tbsp	

Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Whole-grain tortillas, 8" (1.5 oz each)	4 lb 11 oz	50 each	9 lb 6 oz	100 each	<p><b>3.</b> To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.</p> <p><b>4.</b> Portion filling with No. 12 scoop (1/3 cup) onto center of each tortilla. Roll in the form of a burrito and seal.</p> <p><b>5.</b> Place burritos seam side down on a sheet pan (18" x 26" x 1") lightly coated with pan release spray.</p> <p><b>6.</b> Bake:</p> <p><b>7.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p><b>8.</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p><b>9.</b> If desired serve with 1/4 cup pico de gallo (see G-15).</p> <p><b>10.</b> Serve 1 burrito.</p>

Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### **Serving**

NSLP/SBP Crediting Information: 1 burrito provides 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup additional vegetable, and 1 1/2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides 1 oz meat/meat alternate, 3/8 cup vegetable, and 1 1/2 serving grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 10 lb 2 oz	<b>50 Servings:</b> about 1 gallon 1 quart / 50 burritos
	<b>100 Servings:</b> about 20 lb 4 oz	<b>100 Servings:</b> about 2 gallons 2 quarts / 100 burritos

Nutrients Per Serving					
Calories	199	Saturated Fat	2 g	Iron	4 mg
Protein	11 g	Cholesterol	16 mg	Calcium	104 mg
Carbohydrate	30 g	Vitamin A	898 IU	Sodium	360 mg
Total Fat	5 g	Vitamin C	12 mg	Dietary Fiber	5 g